



Culpeper County Parks and Recreation 2004 Summer Schedule

YOUTH SPORT SESSIONS

Shotokan Karate

Learn the 82 year-old art of Shotokan Karate. This week-long program will give you an entry level understanding and basic skills that will enhance your life.

June 21st - 25th, 9:00 a.m. -1:00 p.m.

Monday - Friday <Ages 10 -15>

Instructor: **Lester Bromell**

Location: Floyd T. Binns Middle School

Fee: \$45 per person

Baseball Skills

Improve your baseball skills and move up on the roster. This session is taught by one of Culpeper's finest coaches and will surely improve your ball handling skills and hitting ability.

June 28th - July 2nd, 8:00 a.m.-noon

Monday - Friday <Ages 10 -15>

Instructor: **Daniel Nobbs**

Location: Culpeper High School

Fee: \$45 per person

*Please bring water and your own glove.

Soccer Jazz

Understand the skill and technique of the only sport that transcends all national borders. Develop your footwork, striking power, and understanding of how the game is played.

July 5th -July 9th, 8:00 a.m.-noon

Monday -Friday <Ages 10 -15>

Instructor: **Judy Watson**

Location: Floyd T. Binns Middle School

Fee: \$45 per person

*Please bring your own water.

Lacrosse Training

Come out and experience the fastest growing sport in the nation. During this week-long training session you will learn stick handling skills, shot methods, and defensive tactics. Please bring your own stick. Balls will be provided.

July 12th -July 16th, 4:00 p.m. - 8:00 p.m.

Monday -Friday <Ages 10 -15>

Instructor: **Culpeper Lacrosse Association**

Location: Floyd T. Binns Middle School

Fee: \$45 per person

*Please Bring your own water and stick.

Football Fundamentals

Improve your gridiron skills. Enroll now and you'll learn skills for every aspect of the game. You will be tutored by the finest Culpeper has to offer. Get a head start this summer.

June 14th - June 18th, 8:00 a.m.-noon

Monday - Friday <Ages 10 -15>

Instructor: **Coach Richardson**

Location: Floyd T. Binns Middle School

Fee: \$45 per person

*Please bring your own water.

Extreme Runners

You still think running is easy? Let's see you prove it. Come out now and push your body to a new level of Fitness. Test your will against the conditions.

Extreme Runners is a camp designed to take the most novice athlete and give him or her a basic understanding of what it takes to be a track star.

July 26th -July 30th, 8:00 a.m.-11:00 a.m.

Monday - Friday <Ages 10 & Up>

Instructor: **Paul Lutz**

Location: Culpeper High School

Fee: \$45 per person

*Please bring your own water

Volleyball

This week-long camp will teach you how to be the top player in the gym. You will learn and improve upon your existing skill. Learn how to bump, serve, communicate with your team, and place your shots.

August 2nd - August 6th, 6:00 p.m. - 10:00 p.m.

Monday - Friday <Ages 14 & Up>

Instructor: **Kevin Mozingo**

Location: Culpeper High School Gym

Fee: \$55 per person

Tennis

Spin like Agassi; serve like Roddick; and display the finesse of Williams. Learn all the skills to get you started in the great sport of tennis. These will include forehand, backhand, serve, volley, lob, and the ever-dangerous smash. Each skill will be practiced in a drill and game environment. Space is limited, so sign up now.

August 9th -13th, 10:00 a.m.-1:00 p.m.

Monday - Friday <Ages 10 -15>

Instructor: **Cyndi Boyles**

Location: Culpeper Middle School Courts

Fee: \$45 per person

*Please bring water and your own rackets.

Highland Golf Action

These summer programs are for novice golfers from ages 2 1/2 - 17 years. Some clubs are available for use, but it is recommended that you bring any clubs your kids may have. Classes and times vary in cost and availability. For more information call **Gretchen** at Highland Golf Park. **(434) 985-2765**

- All registration is handled through Highland, for this program only.

Taekwondo

Taekwondo is the ageless Korean martial art that offers Fitness, Self-Defense and Self-Confidence. This is a beginners' session offered as an introduction to "The Way of the Hand and Foot", with more advanced courses to be offered at a later date. Taekwondo focuses on personal development of mind and body, so each person can develop at their own rate.

August 16th -20th, 3:00 p.m.-6:00 p.m.

Monday - Friday <Ages 10 -15>

Instructor: **American Taekwondo Association.**

Location: George Washington Carver Piedmont Educational Center

Fee: \$45 per person

*Please bring your own water.

Summer Youth Basketball

A summer youth basketball program featuring a 4-week clinic, followed by 2 weeks of games, will be held at Floyd T. Binns basketball courts. The clinic will concentrate on skills and game situations. T-shirts are included.

A. Ages 9-11 - Mondays, July 12-August 16

B. Ages 12-14 – Thursdays, July 15-August 19

Both sessions 6-8 p.m.

Instructor: Ken Jennings

Location: Radio Lane

Fee: \$24 per participant

All Classes held at
Floyd T. Binns Middle School
may be accessed by the
Culpeper Connector
825-0505

ACTIVITIES

Shotokan Lessons

Test your mental and physical ability! Enroll in Shotokan Lessons today and take your level of confidence and ability to new heights. This intro-level martial arts program will enrich your life and teach you a new meaning to the word “art”. Tues. & Thurs., July 6th & 8th - Aug. 24th & 26th 7:00 p.m.-8:00 p.m.

Instructor: **Lester Bromell**

Location: Floyd. T Binns Middle School

Fee: \$65 per person

Culpeper SOLE Runners

Meet new friends and put some **SOLE** between yourself and the road. The Culpeper Running Club allows beginners and advanced runners to train in a social setting. For more information stop by or register by mail. Come out and train with us.

Running Coordinator: **Lisa Phelps**

Location: Ask upon registration (Rotating)

Fee: \$20 per person

Family Tae Kwon Do, Levels I & II

Tae Kwon Do is the ageless Korean martial art that offers **Fitness, Self-Defense** and **Self-Confidence** to every member of the family from school age to the eldest. This is a “beginners” class offered as introduction to “*The Way of the Hand and Foot.*” Each class member progresses at his/her own rate. Tae Kwon Do focuses on personal development of mind and body. To say that it is **just** self-defense would underscore most of the valuable ideals and philosophy behind this ancient art. Personal development has never been so much fun!

Tuesdays and Thursdays, June 28th & 30th - Aug. 31st & September 1st 6:00 p.m. – 7:00 p.m.

Instructor: **American Taekwondo Association**

Location: George Washington Carver Piedmont Educational Center

Fee: \$65.00 per person

Walking Group

Do you enjoy walking but wish you had someone to go out with from time to time? Then we are here for you. The walking group is geared for all ages who want to enjoy the outdoors one stride at a time. Come out and walk with us. Wed. & Fri. June 23rd & 25th—August 25th & 27th. 9:00 a.m.-10:00 a.m.

Instructor: **Joann Scott**

Location: Yowell Meadow Park

Fee: \$15 per person

Hiking Group

Culpeper County Parks and Recreation would like to start gathering groups of people who enjoy hiking at a beginner to moderate level. We are looking for a qualified individual, with a brilliant personality and C.P.R training. Knowledge of the area is a must, and the ability to coordinate groups of people is essential. The hikes can be anywhere in the surrounding area. If you are interested in helping us start a program like this, call 727-3412 or visit us at www.culpepercounty.gov and click on Parks and Recreation to submit a suggestion. Thank you for your interest.

SENIOR STRENGTH

Seated Fitness

This is a gentle workout that incorporates cardiovascular strength, muscular strength, range of motion, and flexibility while seated in a chair. Please bring your own water and towel. These aerobic movements are geared toward those 50 years and older.

Wednesdays, June 16th - July 21st

2:00 p.m. – 3:00 p.m.

Instructor: **Sharon Steele**

Location: Culpeper County Library (Large Meeting Room)

Fee: \$15 per person

DANCE

Ballet, Tap, and Jazz

Look for more information in the next addition of the Culpeper Minutes. The registration for the September 2004 - June 2005 session will be posted then. Thank you for your interest. If you have any further questions, feel free to call (540) 727—3412

BOATING

Moonlight Paddle

This program is open to those 18 years of age and above. Family participation is encouraged. The boating course will start at the ramp and continue to the main part of the lake and towards the dam. It will then continue under the Rt. 29 Bridge and return to the ramp. Cost includes glow stick, some minor refreshments, and rescue department. Participants must bring their own canoes, kayak or rowboat accompanied with life jackets. Boat permits are not required for this particular program. Participants may bring their own refreshments (alcohol prohibited).

Friday, June 4th, 8:00 p.m.

Instructor: **Bill Marsh**

Location: Lake Pelham

Fee: \$7 per person

PHOTOGRAPH YOUR FUN

Advanced Digital Photography

This in-depth look at the subtle workings of a digital camera and its functions are what you need to take your photography into a new era. Learn more about using a digital camera in a photographic environment, so you can digitally master your best work.

Mondays, June 14th -July 19th

6:30 p.m. -7:45 p.m.

Instructor: **Brian Ashdown**

Location: George Washington Carver Piedmont Educational Center

Fee: \$35 per person

Special Note: If you have your own digital camera and/or laptop feel free to bring it, although it is not a requirement.

**All Classes held at Floyd T. Binns Middle School
may be accessed by the
Culpeper Connector
825-0505**

**Contact Parks and Recreation at 540-727-3412
www.culpepercounty.gov**

Culpeper County Parks and Recreation Summer Schedule (continued)

ARTS AND CRAFTS

Oil Painting

Learn the basics of painting, from how to prepare a canvas to composition, color mixing and completion of desired imagery. Classes are taught in oils, but those already working in acrylics may bring them. Minimal-shared paint set provided , but personal materials are preferred for your own intent and development. Age not important, but serious interest is.
Tuesdays, June 15th -August 3rd
6:30 p.m. – 8:30 p.m.
Instructor: Linda Ramer
Location: George Washington Carver Piedmont Educational Center
Fee: \$55 per person

Drawing

Ever have an image in your mind that needs to be displayed? Want to learn the basics of capturing images, contouring, shading, and movement sketching? If so then this class is for you. The last two classes will combine the above skills to develop a finished life portrait or composition. Sketch loose, live free.
Thursdays, June 17th-July 22nd
7:00 p.m. – 8:00 p.m.
Instructor: Linda Ramer
Location: George Washington Carver Piedmont Educational Center
Fee: \$40 per person

Quilting of Sorts

Homespun charm with modern technology - learn how the basics of quilting work with today’s equipment. Learn sewing maneuvers with different designs and angles. This is a introductory course to the nine patch technique.
Wednesday, June 23rd-July 25th
6:00 p.m.-8:00 p.m.
Instructor: Joyce Calhoun
Location: George Washington Carver Piedmont Educational Center
Fee: \$35 per person

Watercolor Painting

This watercolor class is for beginners and those who want to brush up on the finer points of painting. You will learn what to use and how to use it from an instructor with over 30 years of exhibiting and 3 years of teaching experience. This is the class that will provide you with years of joy and creativity.
Thursdays, June 17th-July 22nd
5:30 p.m. - 8:30 p.m.
Instructor: Millie Allen Lane
Location: 303 N. Main St., 2nd floor.
Fee: \$100 per person
**Materials not included.*

RHYTHM ‘N STRINGS

Beginning Bass Guitar

Lay down the rhythm for the rest of the band to feed off—learn the bass guitar. This class is a basic introductory course in Bass playing. In addition to jamming you will acquire skills in music reading and theory. Class will cover styles such as Country, Bluegrass, Rock ’n Roll, Blues, Jazz...etc.
Fridays, June 18th -Aug. 6th
1:00 p.m.-3:00 p.m.
Instructor: Greg Harpine
Location: Sycamore Park Elementary School
Fee: \$51 per person

Beginning Guitar

Learn how to jam along with your favorite tunes by developing skills in chord patterns, strumming techniques, music theory and more. This class is for beginners with little to no experience.
Fridays, June 18th -Aug. 6th
3:00 p.m.-5:00 p.m.
Instructor: Greg Harpine
Location: Sycamore Park Elementary School
Fee: \$50 per person, own guitar is required!!!

FOUR-FOOTED FRIENDS

Dog Obedience

Do you have a new puppy that is in need of some manners training? What about an older dog that could use a refresher course? We offer two different classes for all of your doggy needs.
A. Puppy Basic – This class teaches basic commands, socialization and dog attention. Recommended for puppies.
Tuesdays, 10:00 a.m. – 11:00 a.m. June 15th-July 20th
Tuesday Nights, 6:30 p.m. – 7:30 p.m. June 15th-July 20th
B. K-9 Good Citizen – This class will give you 10 steps to help your dog gain confidence and control.
Tuesdays, 11:00 a.m. – noon June 15th-July 20th
Tuesday Nights, 7:30 p.m. – 8:30 p.m. June 15th-July 20th
Instructor: Betty Ann Howell
Location: 303 N. Main Street, 2nd Floor
Fee: \$60 per dog participant

Andora Farm and Stables
Come out and enjoy the many activities Andora Farms has to offer. Here is a listing of their activities for the summer months.
***Horseback Trail Rides:** At Graves Mountain in Madison County and in Fredericksburg along the Rappahannock River!!
Call Becky @ 829 - 9555 for more information and reservation requests.

Specialty Clinics
***Team Penning Clinics:** Saturday, June 26th 1 p.m.- 4 p.m.
***Environmental Conditioning Clinics:** Saturday, June 12th 1 p.m.- 4 p.m.
Call Becky @ 829 - 9555 for more information.

Team penning at Andora Farm in Culpeper every Friday night at 6 p.m. Fun for the whole family.

Contact Parks and Recreation at 540-727-3412 www.culpepercounty.gov

Culpeper County Parks and Recreation Summer Schedule (continued)

FLORAL FUN

Gardening Delight

Come and create beautiful floral arrangements from the flowers blooming in our community. Not only will you learn the proper handling, care, and design of flowers native to our region, you will bring home a fresh arrangement from each class.

Tuesday and Thursday, June 22nd & 24th -June 29th & July 1st

6:00 pm - 8:00 pm

Instructor: **Liza – Jo**

Location: 303 N. Main St, 2nd Floor

Fee: \$35 per person

GENEALOGY

Ancestral Research for Youths

This course will give students the basic concept of researching their family tree. Each student will be able to trace their family history far back in time. They will discover what their name means, and from where it originated. Sign up now and discover your family's past in ways no one else can.

Tuesdays and Thursdays, June 22nd - July 29th

7:00 pm - 8:00 pm

Ages: 9-15

Instructor: **Thomas Heath**

Location: George Washington Carver Piedmont Educational Center

Fee: \$45 per person

**Answers to Frequently
Asked Questions.....**

**Department and Class
Closings....**

The Parks and Recreation Department will be closed on all County holidays. Classes are cancelled for inclement weather, if the school decides to close for inclement weather. The Parks and Recreation Department reserves the right to close a class at any time for any reason.

What!?! The class is cancelled.

Sorry, but sometimes excellent courses with awesome instructors are cancelled, if everyone waits until the last minute to register. We make a decision approximately 4 days prior to a course start date to allow for proper preparations. Minimum class numbers must be registered at that time to avoid cancellation. Please register early to avoid disappointment for yourself, others, and the instructor.

**All Classes held at Floyd T. Binns Middle School may be accessed by the
Culpeper Connector
825-0505**

Registration Policy...

Registration for all of our recreation activities can be done at the Department's Main Office, located at 155 W. Davis Street, Suite 100. You can also mail in the registration form located in the ***Culpeper Minutes*** along with your payment. All registered participants will be notified and given a complete refund if the program is cancelled. No phone registration will be accepted. Pre-registration is suggested, as all of our classes are limited in size. We accept cash and checks made out to Culpeper County Parks and Recreation. At this time we do not accept credit cards for payment.

Oops!!!

The Culpeper County Parks and Recreation Department staff has made every effort to prepare this section of the ***Culpeper Minutes*** as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Culpeper County Parks and Recreation Department reserves the right to make any such adjustments. The Parks and Recreation Department apologizes for any inconvenience these errors or adjustments may cause.

**Contact Parks and Recreation at
540-727-3412
www.culpepercounty.gov**

Culpeper County Parks and Recreation (continued)

Culpeper Parks and Recreation
155 West Davis Street, Suite 100
Culpeper, VA 22701
727-3412

We have the following 2004 Discount Theme Park Tickets for sale at our office.

Busch Gardens Williamsburg

Gate prices are \$46.95 for adults and \$39.95 for children (3-6)



Good Any Day \$40.00
Child (3-6) \$33.00

Discount Days (6/1-8/15) \$35.00

Kings Dominion

Gate prices are \$43.99 for adults and \$29.99 for children (3-6)



NEW!!! Early Purchase \$27.00
Good Any Day
(Tickets must be purchased by June 13
are valid any regular park operating day.

VRPS Teen Days (6/26-7/11) \$24.00

Park & Recreation Days (7/24-8/8) \$24.00

Water Country USA

Gate prices are \$34.95 for adults and \$27.95 for children (3-6)

Good Any Day \$30.00
Child (3-6) \$24.00

Six Flags

Gate prices are \$40.69 for age 4 and older

Good Any Day \$25.00



Culpeper County Parks and Recreation (continued)

County Parks and Recreation at a Glance

Spilman Park

Construction plans are underway to build two walking trails in the park. The first is an interior trail of approximately 2,200 linear feet. The trail will begin and end at the parking lot and wind through the main portion of the property. The second, but less lengthy, trail, of approximately 800 linear feet, will also begin and end at the parking lot. The smaller trail system is designed with less slope, to be more suitable for ADA accessibility.



The delay in trail construction was due to weather and unexpectedly high bids to perform the work. In order to reduce construction costs, community workers from the Criminal Justice Services labored from April until November 2003, ridding the area of fallen and scrub trees, clearing brush and removing trash from the proposed trail. This process reduced construction costs and saved the County approximately \$12,000. Both trails are planned to be ready by June 2004.

Parks have a way of attracting vandalism, and Spilman Park is no different. Several months ago, the front portion of the park pavilion was spray-painted. The act attracted the attention of law enforcement agencies triggering an investigation. Once the investigation was completed, the facility was released to the Parks and Recreation Department for cleaning, but weather conditions delayed the efforts of County staff. Residents should notice a difference in appearance prior to this reading.



The park also seems to be an attractant for illegal dumping of household trash. Spilman Park presently has a four-yard dumpster to be used specifically for clean-up after facility functions and removal of park litter. Recently residents have targeted the dumpster for their own use, creating an unsightly scene. According to County Ordinance, it is unlawful to dump trash illegally on County property, and violators will be prosecuted for their actions. For the better interest of all, please help keep our parks clean and beautiful.

Culpeper Community Complex

Don't be surprised to see the changes at the Complex site within the next month or two. Although contractors' bid prices exceeded the amount of general obligation bond applied for, the Board of Supervisors understands the demand for ballfields and is moving forward with the project. The Parks and Recreation Department and Culpeper Recreation Foundation look forward to working with community groups and individuals in an effort to raise funds in support of completion of the Complex.

Culpeper Recreation Foundation

The Culpeper Recreation Foundation in cooperation with the local soccer, baseball and football associations have finalized plans to begin selling raffle tickets to win a car. The winner will have the choice to select one of four new Ford vehicles donated by Battlefield Ford or \$20,000 dollars in cash. Raffle tickets are \$50 dollars each, and the drawing will be held on Saturday, November 20, 2004, at Battlefield Ford and Mercury of Culpeper, James Monroe Highway. All proceeds will benefit the Culpeper Community Complex project.

Call Parks and Recreation 540-727-3412 www.culpepercounty.gov

Culpeper Parks and Recreation Program Registration

How to Register

By Mail

- Complete a registration form and mail with payment to Culpeper County Parks and Recreation, 155 W. Davis Street, Suite 100, Culpeper, Virginia 22701. Please include a self-addressed, stamped envelope if **you require** registration confirmation.

Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).

Additional Registration and Program Information

Registrations:

- Registrations are welcome upon distribution of class information.
- Walk-in registrants will be given priority over mail-in registrants.
- Telephone registrations will *not* be accepted.

Refunds:

- A pro-rated refund (less \$3 processing fee) will be issued if Parks and Recreation Department has been notified by the first class date.
- Refunds for one-day activities and all bus/van trips are not possible during or after the event. Full bus trip refunds are given if substitute(s) can be found before the trip date.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Full refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public schools cancel or close early, for inclement weather, natural disasters or other occurrences.
- Please listen to the following radio stations for closing announcements: WJMA103.1 FM, WCVA, 92.5 AM, WGRQ, 95.9 FM and WGRX, 104.5 FM.

Parks & Recreation Registration Form

Name _____ DOB _____

Address _____

Home Phone _____ Work Phone _____

Emergency Contact _____ Phone _____

Program Name _____ Day _____ Time _____ Cost _____

Amount Paid _____ Cash _____

Balance Due _____ Check _____

Date Paid _____

Assumption of Risk and Release: In agreeing to participate in the program, as an adult participant or as a parent or a guardian of a participant, I and/or the participant do hereby affirm that the general health of the participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.

In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.

It is likewise assumed and agreed that the participant will, at his own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.

Participant, Parent, Guardian Signature

Print Name

E-mail Address

Date

Culpeper Parks and Recreation, 155 West Davis St., Suite 100 Culpeper, Virginia 22701

Phone: (540) 727-3412

Fax: (540) 727-2802

Website: www.culpepercounty.gov

Culpeper County Parks and Recreation 155 West Davis Street, Suite 100, Culpeper VA 22701